

SUMMER
2002



The FLAP

News for the Folks of Lake Accotink Park
<http://co.fairfax.va.us/parks/accotink>
703-569-3464



What Goes Around Comes Around

The carousel at Lake Accotink Park carries just as much history, as it does visitors. Each day adults and children alike are equally captivated by the presence that this antique novelty conveys. With hand-carved horses dating back to the 1920s, it is the oldest carousel still operating within the Fairfax County Park Authority. With each revolution this carousel makes, it adds another chapter to its already rich history.

Designed by the Allan-Herschell Company, the 36 foot carousel was made between the years 1937 and 1945. The 30 hand-carved horses themselves were made much earlier, between 1926 and 1931. There are now 26 horses, with wooden chariots replacing the two missing rows of horses. The heads and bodies of the horses are wooden, while the legs are aluminum.

The carousel was originally designed to be easily disassembled and reassembled again while traveling as a part of a carnival or circus. It was used in such a

manner for several decades and eventually was acquired by Fairhill Farm Antiques. It was in April of 1978 that the Park Authority purchased the carousel for \$30,000.

Finding a carousel with original hand-carved horses is becoming a more difficult task to achieve. In fact, the Park Authority only owns five carousels, four of which are still operating.

The decline in making hand carved horses occurred over a 20 year period.

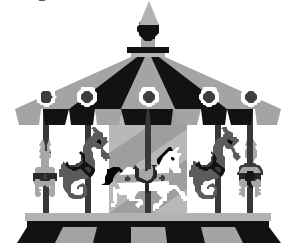
Starting in the 1920s, the age of mechanization created machines that could "rough" carve the head and bodies of horses from pre-set designs. In turn, many carvers lost jobs, while the carousel industry benefited from the efficiency of production. However, with the onslaught of the Great Depression setting-in, the demand for carousels was nearly eliminated.

In the 1940s, carousel companies bounced back by making horses exclusively out of metal.

This process eventually led into today's method of creating horses out of fiberglass.

Although, some horses are still modeled after designs from hand-carved carousel horses, gone is the golden age of carousels whose intricately carved horses were the focal point of any carnival or fair.

Since May of 1978, the carousel has been operating at Lake Accotink Park. A recently constructed canopy ensures that the carousel will be protected for years to come. Because of its unique history and rarity, this carousel stands as a time portal to a special age where children dream of the future and adults reminisce on the past.



Cigarettes Butting Into Wildlife

With summer on hand, and numerous major forest fires raging across the United States, why are people still careless with their cigarette and cigar butts? In these summer months it is essential to keep from flicking those old cigarette butts onto the ground. Carelessly tossing one into a dry summer's foliage can easily cause a fire. These out-of-control forest fires in turn displace thousands of people and wildlife alike each year.

Cigarette butts don't just contribute to the already heightened threat of summer forest fires; however, they also poison the surrounding environment where they land. Smokers frequently become complacent to the fact that their old cigarette butts are packed with hundreds of poisonous chemicals, including: ammonia, arsenic and formaldehyde to name a few. These chemicals seep into the ground

and pollute the surrounding water supplies.

Additionally, discarded cigarette butts are often mistaken as food and eaten by wildlife. If the animal does not die through poisoning, it still is physically threatened by the structure of a cigarette butt. The tiny pieces of plastic which are used to make cigarette butts interrupt the digestive systems of wildlife, and as a result many animals die after eating them.

You may not think that one cigarette butt will drastically affect things. However, when you consider that a recent spring clean-up of Lake Accotink park yielded over a thousand cigarette butts, you should realize that one discarded cigarette butt contributes to a much larger problem. So don't be mistaken smokers, *the world is not your ashtray, keep your butts to your self!*

Important Summer Activity Information Inside!!!

Wildlife focus—BALD EAGLES

by John Bendoritis

Several sightings of bald eagles have occurred at Lake Accotink recently, a sign of their dramatic rise in numbers in the region. In a survey last December (the Christmas Count), 115 bald eagles were spotted in one day within a 7 ½-mile radius of Ft. Belvoir, according to Richard Rieger, coordinator for the Springfield sector of the count. He notes the possibility of a bald eagle nesting near Lake Accotink because of multiple sightings. Let's keep our eyes peeled.

The adult bald eagle is regal and familiar as our national symbol: a white feathered head and tail; fierce, hooked yellow beak; and proud piercing eyes almost as large as human's. An adult eagle stands nearly three feet tall, its black talons set on feet large even for a raptor, about six inches long. If you spot an adult bald eagle in the air from directly below you should see the white of head and tail against the dark brown plumage of body and a wingspan extending to over six feet. Bald eagles do not develop their distinctive white head and tail plumage until about their fourth year. By then, their bills, legs, and feet have turned a deep yellow.

In the air, the bald eagle reigns supreme. While circling several hundred feet above water, a bald eagle can spot a small fish below the surface, sweep into a graceful descent and snatch it with its talons in a routine show of predatory power. Its eyesight is so sharp (at least four times more acute than a person with perfect vision), it can identify prey as small as a rabbit from well over a mile away. While migrating, it can average 30 mph, effortlessly gliding along on columns of air called thermals with occasional slow ponderous beats of its majestic wings. While courting, bald eagles perform breathtaking aerial displays including rapid dives and turns, and cartwheels where two bald eagles grasp talons in mid-air, plummet in spiraling cartwheels to within a few feet of the ground before releasing talons. Some cynics say these awesome cartwheels may also be ritualized battle, one eagle expelling an intruding eagle from its territory, but either way they are aerodynamic marvels. Bald eagles are relatively light, hollow boned, the males averaging about nine pounds, females a few pounds heavier. Its skeleton weighs about a ½ pound, its 7,000 feathers one pound.

The eagle's voice seems its only weakness, a pale "sounding off" compared to the drill instructor yawp of the great blue heron. The bald eagle's call from perch or

nest is a series of yelping notes, a shrill twittering, variously rendered as kah-kah-shah, ye-ha-ha-ha, and whee-he-he-he.

Bald eagles often mate for life, and dote on newborn eaglets which have a low survival rate. In the nest, adult eagles clench their powerful talons into harmless balls to spare chicks, coax them to take shreds of meat from their beaks. And it is high drama when the parent prods the eaglet into its first flight, because although eaglets are full size at the time of fledgling, a great percentage do not survive. If they do, they will live to an average of 15 to 20 years, though some have been recorded living close to 30 years in the wild.



Nests of eagles are typically about five feet wide and three feet deep, but they can become huge structures, weighing in at hundreds of pounds unto two tons. The nests are built of sticks and twigs, lined with soft materials such as pine needles, but odd materials sneak in from candles to clothespins as nests are repaired and improved year by year, sometimes spanning generations. One eagle was observed lifting the top off a poor muskrat's house for nesting material.

Bald eagles prefer to nest in trees with large canopies and high perches near water where they can survey and prey for fish, a staple, but they will also eat waterfowl, mammals, turtles, both live and as carrion. Dead fish are easier to see and catch, because they float with their light underside up. Eagles are notorious for stealing catches from ospreys, and for hijacking the carcasses and injured prey of such fellow scavengers as vultures, ravens and crows. "The eagle never lost so much times as when he submitted to learn of the

crow," said the poet William Blake, but eagles are opportunists and adaptors. Historically, bald eagles have required a generous buffer zone from humans before nesting, but they seem to be adapting to the urban reality. A pair continues to nest close to the Wilson Bridge in spite of construction and heavy traffic.

The record 446 eaglets produced last year by 331 breeding pairs in Virginia dramatized the recovery of the bald eagle population, a rebound initially triggered by the national ban on DDT in 1972. Usually eagles winter in this area from October through March; however, nesting pairs may stay through summer. Some popular spots for viewing bald eagles locally are Mason Neck State Park, the Accotink Wildlife Refuge on Ft. Belvoir, and Pohick Bay Regional Park. A bald eagle was spotted recently toward the marsh end of Lake Accotink by Paul Engman, Section Manager for Fairfax County Lakefront Parks and a licensed master raptor bander. Two more sightings also occurred there, as well as one during the official Christmas Count. That count, by the way, used 170 experienced birders who spotted 89,000 birds, 115 of which were bald eagles. Two hundred and fifty were spotted the previous year due to better weather conditions. Any reports of sightings by patrons would be appreciated at the park office.

Roger Tory Peterson, birder extraordinaire, said, "In a world that seems so very puzzling is it any wonder birds have such appeal? Birds are perhaps the most eloquent expression of reality." The bald eagle has served as an eloquent symbol of America's freedom since 1782.

Testy Ben Franklin charged the bald eagle with "bad moral character," voting for the wild turkey as our national symbol, but such charges always dog greatness. For instance a recent report from a Madison, WI newspaper that accused a bald eagle of seizing a 13 pound dachshund and carrying it some 300 feet in the air before releasing it (yet another reason to obey leash laws). The report was suspect since the eagle's "lift capability" is officially about four to five pounds. But it *was* an eagle that fed on the liver of Prometheus, who was chained to mountain crag and punished daily for his stealing of fire for man—only William Blake perhaps siding with the eagle and his warning to mankind.

Another Successful Park Clean-up

The annual spring clean up took place on March 16. We here at Lake Accotink Park would like to extend our gratitude to the 150 people who helped out. They picked up about 36 cubic yards (four dumpsters worth) of trash and debris. The most visible component was the incredible number of cigarette butts and filters. There were over 1000 collected. That number was only topped by food wrappers — 2,047 were reported on the tally sheets. Close behind were beverage cans, cups and picnic items, and plastic bottles.

In addition to the standard litter found in the lake and park we picked up some unusual items as well. The remains of a hearing aid, parts from a car, construction materials, a computer monitor, a stadium light, a diving board, two halves of "big wheels," and 17 tires were also found.

Much of the litter collected was washed into the park from storm drains, but some of it was dumped in the park by patrons and by vandals trying to find a quick way to get rid of their trash. Some was even dumped by our park animals picking through the trash cans. Regardless of the source, every piece of trash that we picked up somehow escaped into the environment. Wherever you are, when you drop something on the ground it eventually winds up in a stream, a lake or the bay. So remember ... **EVERY LITTER BIT HURTS!**

Join us for our
Fall Clean-up of Lake Accotink
on:
October 12th, 2002
9am - 5pm

- **Meet at the marina to begin cleaning**

New Trail Monitor Program to Begin: -Volunteers Needed-

If you enjoy spending time on the many trails at Lake Accotink Park, you may want to consider volunteering as a Trail Monitor. As a volunteer Trail Monitor you can enjoy the beauty of the park, while simultaneously helping to preserve it.

Trail Monitors will walk the trails with a radio and first-aid kit and are the first to report problems on the trail. Monitors will operate on a four-hour shift. In that time they may be asked to help update information kiosks, report any signs of vandalism, or simply help to report on the state of the trails within the park. Monitors can either walk, jog or ride a bike during their shift. This program will help to initiate the new Lake Accotink trail management plan.

If you are interested in contributing to the preservation of Lake Accotink Park by becoming a Trail Monitor, please contact our office for more information by calling: **703-569-0285**.

Shedding Light on the Upper Accotink Creek Watershed

The Upper Accotink Creek watershed is located in central Fairfax and includes over 12% of Fairfax County. It stretches from the City of Fairfax and the Town of Vienna all the way to Annandale and North Springfield.

Like all watersheds, the Upper Accotink Creek watershed drains water into a much larger body of water. In this case, water from the Upper Accotink Creek watershed will eventually flow into the Potomac River, and from there into the Chesapeake Bay.

It is estimated that Lake Accotink traps 17,500 cubic yards of sediment each year.

That sediment is primarily from storm silt erosion, however, it also includes lawn fertilizer, car oil from parking lots, and numerous other substances. In this sense, the Upper Accotink Creek acts as an indispensable natural filter, which holds back harmful chemicals, and allows clean water to pass through.

Because these bodies of water are interdependent, it is important to realize how damage to one of them affects all of them. More importantly, in order to ensure that clean water is still available, watersheds like Upper Accotink Creek must be preserved.

Park Profile: Ken Fulling, Night Manager by Christine Darcy

This edition's staff profile is Lake Accotink Park Night Manager Ken Fulling. Mr. Fulling has been working at Lake Accotink since August 2001. Ken picked the park because his son was enrolled in our Lake Accotink summer camp and he thought it would be a lot of fun. The thing Ken enjoys most about working at the park is the diversity of experiences. Ken graduated from McLean High School and then studied Forestry at Virginia Tech before joining the military. While in the Air Force, he was a medical laboratory technician and was stationed for most of his time in Columbus, Mississippi. In the past, Ken has been a carpenter's assistant, mainframe operator, evening manager for a computer school and a multimedia programmer. Mr. Fulling and his wife, Lynn live in Springfield with their eleven-year-old son, Robert, and the family dog, Bear. Ken spends his free time doing yard work and playing in manure (GARDEN COMPOST!).



Green Thumbs Get the Green Light

Do you enjoy gardening? Are you good with plants? Here at Lake Accotink we have thousands of plants that could use your help. From composting, to growing, to weeding, to planting we need assistance.

We could use volunteers who will graciously donate their time to improving our park.

With various gardens spread throughout, we always appreciate people who enjoy keeping beautiful plants healthy and maintained.

Although park-goers enjoy all of the natural foliage as well as the planned gardens and flower beds, they may not be fully aware of the amount of work that goes into maintaining the park.

"Without continuing the strong volunteer network that we have, we could not function as a park," said Lake Accotink Park Manager, Tawny Hammond. "We are always willing to let new volunteers pitch-in and help out with on-going and new programs."

If you have some time, even a little time, please call and let us know. You pick the time and the day that suits your schedule the best.

For more information please call:

(703) 569-0285



Classes and Activities at Lake Accotink Park

-Register Today!!!-

*** Make sure to check the *Fall edition of Parktakes* magazine for future classes being offered at Lake Accotink Park**

Sunset Tour Boats at Lake Accotink Park

Saturdays: July 13 and 17, August 10 and 24, September 21, October 5

Sundays: June 9 and 23, July 14 and 28, August 11 and 25, September 22, October 6

Admire the sunset as you cruise the beautiful shoreline of Lake Accotink. You may spot a heron settling in for the night or a deer coming down to the water's edge for a late drink. Refreshments served. Tour boats canceled in case of rain. Boat departs 30 minutes before sunset. Children welcome! Boarding fee \$7 for adults, \$3.50 for children under 16, babies on laps free. Reservation required. For information or Visa and MasterCard registration, call (703) 569-0285. Or mail a check (made out to FCPA) along with program name, your name, address and telephone number to 7500 Accotink Park Road, Springfield VA 22150.

Health & Fitness Classes

Biking for Fitness (13-Adult)

Learn the basics of cycling. **OUTSIDE!** Cycle maintenance, proper equipment and clothing are all covered. All classes will meet at Lake Accotink. Come prepared to ride during the first class and don't forget your helmet- it's required!

5 weeks-115 Minute lessons-\$63

Day	Time	Code	Begin
Tuesday	6pm	850 326 3003	06/25
Tuesday	6pm	850 326 3004	08/06
Saturday	9am	850 326 3001	06/29
Saturday	9am	850 326 3002	08/10

Outdoor Boot Camp (13-Adult)

NEW CLASS! Tired of stale air in gyms, with poor lighting, and CNN or talk shows on every monitor? Clear your head and clean out your lungs at Lake Accotink Park's Outdoor Boot Camp! Fun, physical training that includes a combination of calisthenics and aerobic workout. Taught by a qualified instructor. Get fit the natural way!

Classes start June 29 at 7 am to 8:30 pm Saturday.

Walking for Fitness (13-Adult)

Walk your way to fitness! This aerobic workout is great for reducing stress and getting into shape.

10 Weeks- 55 Minute lessons- \$74

Day	Time	Code	Begin
Saturday	11am	850 328 1401	6/29

Walking for Fitness Doggy and Me (13-Adult)

Walk your dog and yourself at the same time! Why should you get fit and your canine family member stay at home bored and in need of fresh air? This class is designed to keep you and your dog healthy. All dogs need to be on a leash- and don't forget your pooper-scooper!

5 Weeks- 55 Minute lessons- \$43

Day	Time	Code	Begin
Saturday	12pm	850 329 4502	06/29

Art Classes

Discover Drawing (13-Adult)

This course is designed to teach fundamental drawing skills through various techniques and projects. Students will need to bring an 11" x 14" sketch pad and two drawing pencils (HB & 6B). Supply list or fee of \$8- \$12 payable to instructor at first class.

5 Weeks- 1 Hour 55 Minute lessons- \$60

Day	Time	Code	Begin
Thursday	1pm	850 332 1602	06/27
Thursday	1pm	850 332 1601	08/08

Water Color Works (13-Adult)

Learn techniques for watercolor painting and complete independent projects. Supply fee payable to instructor at first class.

5 Weeks- 1 Hour 55 Minute lessons- \$60

Day	Time	Code	Begin
Tuesday	10am	850 331 3001	6/25
Tuesday	10am	850 331 3002	08/06

Oil Painting (13-Adult)

Learn techniques for painting with oils. Brush movements, color coordination and style are stressed. Supply list will be provided.

5 Weeks- 1 Hour 55 Minute lessons- \$60

Day	Time	Code	Begin
Tuesday	1pm	850 331 3101	06/25
Tuesday	1pm	850 331 3102	08/06

Classes and Activities at Lake Accotink Park

-Register Today!!!-

<i>Pet Corner</i>				<i>Sports Classes</i>			
Puppy Kindergarten (14-Adult)				Basketball I (8-10 yrs)			
Puppies 10 weeks to 6 months will learn the fundamentals of socialization and discipline. Owners will learn how to cure such problems as housebreaking, chewing and jumping. Puppies should wear a buckle collar and be up to date with shots.				Children will learn basketball skills and techniques to include passing , shooting, dribbling and other fundamentals. Class will include scrimmage to reinforce teamwork.			
10 Weeks- 1 Hour- \$76				8 Weeks- 55 Minute lessons- \$71			
Day	Time	Code	Begin	Day	Time	Code	Begin
Wednesday	6pm	850 375 1001	07/03	Saturday	11am	850 355 5301	06/29
Dog Obedience I (14-Adult)				Soccer I (9-10 yrs)			
Includes home management, discipline and problem solving. Teaching method is based on affection and restraint. Dogs must be at least six months old.				Basic instruction geared for beginning players. Emphasis is on development of soccer skills including kicking, dribbling and goal-keeping.			
10 Weeks- 1 Hour-\$76				10 Weeks- 55 Minute lessons- \$71			
Day	Time	Code	Begin	Day	Time	Code	Begin
Wednesday	7pm	850 375 1101	07/03	Saturday	10am	850 355 2601	06/29
Dog Obedience II (14-Adult)				Volleyball (16-Adult)			
Prepares owner for off-lead work with the basic commands. For dogs at least eight months who have successfully completed at least one basic course for both dog and owner.				Learn basic volleyball skills through drills and games. Class will cover serving, scoring, bumping, spiking and team play.			
10 Weeks- 1Hour- \$76				10 Weeks- 55 Minute lessons- \$73			
Day	Time	Code	Begin	Day	Time	Code	Begin
Wednesday	8pm	850 375 1201	07/03	Saturday	9am	850 356 3001	06/29
Pet First Aid & CPR				Tennis - Beginning I			
You can't call an ambulance when disaster strikes your furry family friend! Be prepared to stabilize your pet (cat or dog) until you can get them safely to a veterinarian. You'll learn how to control bleeding, locate a pulse, fashion a splint, muzzle a frightened animal, help a choking animal, perform rescue breathing, perform chest compression and more.				An introduction to the basics; forehand and backhand drive, serve, footwork, rules, scoring and court etiquette. Emphasis is on correct form.			
1 Class- \$25 per person; \$10 additional to keep the text.				10 Weeks- 55 Minute lessons- \$89			
Dates to be announced.				(9-12 yrs)			
Dog Birthday Parties at Lake Accotink Park				Day	Time	Code	Begin
You are barking up the right tree if you are looking for some crazy birthday fun for you and your four-legged family member.				Saturday	9am	850 357 0601	06/29
We provide the birthday dog gift basket, goody bags for guests, party favors and party space.				(13-18 yrs)			
Parties are held in the picnic areas at Lake Accotink Park in Springfield, Virginia.				Day	Time	Code	Begin
Call Lake Accotink Park for pricing and package information.				Saturday	10am	850 357 1001	06/29
				Register via Parktakes Online at Www.fairfaxcounty/parks/parktakes.htm Or by phone with Visa or Mastercard at: 703/449-8639 OR Call Lake Accotink for more Information: 703/569-0285			

**FAIRFAX COUNTY
PARK AUTHORITY**

Lake Accotink Park
7500 Accotink Park Road
Springfield VA 22150

Phone: 703-569-0285

Fax: 703-913-1298

co.fairfax.va.us/parks/accotink

Special Events & Programs

*Want to take your date somewhere
FREE for a change?*

Come enjoy

Braddock Nights

- A **FREE** on-going concert series every Friday evening at Lake Accotink Park.

Performances begin at **7:30 pm** unless otherwise noted.

*Concerts are cancelled in case of rain

For cancellation information call:

703-425-9300



Admire the View on Lake Accotink's....

SUNSET CRUISES

Watch the sunset as you cruise the beautiful shoreline of Lake Accotink. You may spot a heron settling in for the night or a deer coming down to the water's edge for a late drink. Refreshments served. Boat departs 30 minutes before sunset. **Children welcome!** Boarding fee \$7 for adults, \$3.50 for children under 16, babies on laps free. Reservation required. Tour boats cancelled in case of rain.

- Selected Saturdays and Sundays each month during Summer

For more information see **INSERT** of newsletter or call:
703-569-0285

2 FOR 1 PASS

One free round of miniature golf at Lake Accotink Park with purchase of one round of equal or greater value.

Lake Accotink Park
7500 Accotink Park Road
Springfield VA 22150
703-569-0285



*Offer valid only at Lake Accotink Park
Not valid with any other discount. Expiration Date: 9/3/02

Planning a Party?



Tired of the same old party plans?
Chucky Cheese a little too cheesy for you?

Move the mess to our place!

Are you planning a party for your son or daughter, or anyone for that matter! How about a ride on the Lake Accotink party boat? You can even reserve the exclusive party tent near the playground for the rest of your party needs and leave the details to us.

Party Packages

Package A: \$50 for decorated party boat

Package B: \$7.95 per kid (min. of 10 kids) Party tent, 2 rounds of mini-golf and 2 carousel rides, chips, a hot dog and a drink

Package C: \$7.95 per kid (min. of 10 kids) Party tent, birthday boat, 2 rounds of mini-golf and 2 carousel rides

Package D: \$9.95 per kid (min. of 10 kids) Party Tent, Birthday Boat, 2 rounds of mini-golf and 2 carousel rides, chips, a hot dog and a drink

Sign up for the Birthday Boat by calling:
(703) 569-0285



If you have comments or questions regarding the **FLAP**, or if you are interested in contributing an article please contact:

Zach Myers, Editor
Tawny Hammond, Park Manager

703-569-0285